# Navy Surgeon General's Health Promotion and Wellness Award (SEMPER FIT Centers)

NMCPHC – 1 May 2009

# What is it?

- Annual award for excellence in conduct of health, wellness and fitness activities in USMC SEMPER FIT Centers
- New in 2008
- Owned by Navy Surgeon General – managed by NMCPHC

# What is Measured?

- HP Partnerships
- Assessment and Evaluation
- HP Tools
- SEMPER FIT Elements:
  - Nutrition
  - alcohol and drug abuse prevention
  - tobacco prevention and cessation
  - physical fitness
  - Psychological health
  - sexual health
  - disease prevention
  - injury prevention
- Community Outreach
- Staff Training

# Why should Navy commands participate…?

- Measures
  - Conduct of evidence-based / best practice activities
- Enables USMC-wide comparison and analysis

# How to participate

- Download spreadsheet and instructions
- Reporting period is the current calendar year
- E-mail completed spreadsheet to NMCPHC in Jan 2010

# Success

- **BRONZE ANCHOR:**
  - **Every organization that submits a report will receive at least the BRONZE ANCHOR award.**
- **SILVER EAGLE:**
  - **To achieve the SILVER EAGLE level award, accumulate at least 50% of the total available points in each of the topic areas and must earn a minimum of 50% of the total available points.**
- **GOLD STAR:**
  - **To achieve the GOLD STAR level award, accumulate at least 50% of the total available points in each of the topic areas and must earn a minimum of 80% of the total available points.**

# Get help

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## Blue H website:

http://www-nmcphc.med.navy.mil/Healthy_Living/Resources_Products/Wellness_Award/hpwellness_award.aspx